

# CHIROPRACTIC HELPS PAIN

By Dr.'s Boyd & Cindy Williams

## DO YOU NEED CHIROPRACTIC? TAKE THIS QUIZ:

1. Do your joints “click”?
2. Do you have leg, knee, buttock or hip pain?
3. Do you have low back weakness or pain?
4. Do you have neck pain?
5. Do you have headaches?
6. Have you been in a car accident?

Many people suffering from these disorders have turned to a different approach to health care; chiropractic. Chiropractic care treats a spinal problem called the **vertebral subluxation complex**. A subluxation describes what happens when spinal bones lose their normal position and motion from stress, trauma, or chemical imbalances. This is a common, and serious condition identified by its five parts or categories:

**SPINAL KINESIOPATHOLOGY (Abnormal Spinal Joint Movement)** – This is a fancy way of saying the bones of the spine have lost their normal motion and position. It restricts your ability to turn and bend. It sets in motion the other four components.

**NEUROPATHOPHYSIOLOGY (Abnormal Nerve Function)** – Improper spinal function can choke, stretch, or irritate delicate nerve tissue. The resulting nervous system dysfunction can cause symptoms elsewhere in the body.

**MYOPATHOLOGY (Abnormal Muscle Tone)** – Muscles supporting the spine can weaken, atrophy or become tight and go into spasm. The resulting scar tissue changes muscle tone, requiring repeated spinal adjustments.

**HISTOPATHOLOGY (Abnormal Chemical Balance)** – A rise in temperature and a buildup of cellular chemical by-products from an increase in blood and lymph supplies result in swelling and inflammation. Discs can bulge, herniated, tear or degenerate. Other soft tissues may suffer permanent damage.

**PATHOPHYSIOLOGY (Permanent Changes)** – Bone spurs and other abnormal bony growths attempt to fuse malfunctioning spinal joints. This spinal decay, scar tissue and long-term nerve dysfunction can cause other systems of the body to malfunction.

For more information on this or other health topics, including information about our services, go to [www.familychiroclinic.org](http://www.familychiroclinic.org) or call us at 507-281-4878.